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# Natural Rearing Newsletter ©

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## FOR THOSE THAT CHOOSE TO THINK FOR THEMSELVES

From The Desk Of: MARINA ZACHARIAS

### Mad Cow Disease Revisited

As usual, the media is sensationalizing and twisting a few facts to capture a larger audience than what is warranted.

First let's be very clear that hoof and mouth disease is NOT the so called Mad Cow Disease! The press seems to mix the two maladies in the same paragraph with equal abandon. Hoof and mouth is extremely contagious and does warrant drastic action. Mad Cow disease is an entirely different story.

Bovine Spongiform Encephalopathy (BSE) is the scientific name given to "Mad Cow Disease". Because of its similarity to a disease in sheep called "Scrapie" it was postulated that BSE was transmitted from sheep to cows from cattle feed containing ruminants of sheep. The theory put forward was that "prions" jumped species and infected the cattle.

Due to the similarity of symptoms in the human malady know as Creutzfeld-Jacob disease, it was postulated that again the prions jumped species and infected humans from cattle infected with BSE. So what we have is an accepted "theory" of transmission from BSE-infected cattle to human CJD that is dependent on a mutant prion that has never been isolated under the scientific protocol called "Koch's postulates".

However there is another body of evidence that suggests that a more probable cause for the disease is an insecticide used to control the "warble fly" in the U.K. This was first proposed by a scientist and organic farmer named Mark Purdey when he gave evidence to the United Kingdom BSE inquiry. This evidence was promptly dismissed by other scientists in the U.K.

It's interesting to note that a lobby group that includes Bayer, Monsanto, Novartis, Pfizer, Roche and Scgering-Plough was behind the effort to discredit Purdey. In December 1999, the same scientist that repudiated Purdey's work was appointed to the UK Veterinary Products Committee, a government body that licenses animal medicines.

Recent experiments by Cambridge University prion specialist David R. Brown tend to confirm Purdey's evidence. It appears that prions in the bovine spine (along which insecticides are applied) can be damaged by "phosmet", an organophosphate insecticide. The new research proves that the prions can bond with manganese in animal feeds or mineral licks. These manganese prions cause neurological degeneration as seen in BSE.

By a similar process, prions in the human brains are damaged by lice and scabies lotions containing organophosphate. This can result in neurological disease like CJD and Alzheimer's later in life. Further, I would strongly advise you not to treat your pets with any organophosphate anti-flea products.

It's worth noting that organophosphates were developed as a chemical weapon nerve agent by Nazi chemists during the course of World War Two.

Since first postulating an environmental, rather than infectious, theory of spongiform disease, Purdey has built evidence from around the world that explains and predicts the incidence in humans and animals. For example:

- ◆ A cluster of CJD in Slovakia, Eastern Europe, around a manganese plant;
- ◆ Rocky Mountain deer with Chronic Wasting Disease, who were found to be eating pine needles rich in manganese;
- ◆ The futile slaughter of sheep in Cyprus, only to find BSE reemerged within years.

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If Purdy's theory is ever proven beyond a reasonable doubt, the implications are explosive and the litigation fallout would be devastating to some pharmaceutical giants.

There have been some very strange occurrences surrounding Purdy and other brain researchers. I would be remiss if I did not mention them but please don't think that I am promoting a "conspiracy" theory of some kind. I will leave it up to the reader to draw their own conclusions and think for yourself about the following items.

Purdy's house was burned down and his lawyer who was working with him on Mad Cow Disease was driven off the road by another vehicle and subsequently died. The veterinarian on the case also died in a car crash, locally reported as "Mystery Vet Death Riddle".

Dr. C. Bruton, a CJD specialist who had just produced a paper on a new strain of CJD, was killed in a car crash before his work was announced to the public.

In 1996, leading Alzheimer's researcher, Tsunano Saitoh, 46, and his 13-year old daughter were killed in La Jolla, California, in what Reuters report described as a "very professionally done" shooting

What Alzheimers disease, Mad Cow disease, and CJD disease have in common is abnormal brain proteins and a putative link to organophosphates. Even the Gulf War syndrome among returning veterans has been attributed in part to the insecticide.

In the United States, the Environmental Protection Agency is already reviewing phosmet's safety. The Centers for Disease Control has recently conducted experiments on mice that confirm the organophosphate risk.

The main problem with the "meat and bonemeal" hypothesis, accepted by most today, is the amount of scientific contra-evidence that exists.

- ◆ Meat and bonemeal fed to experimental animals does not produce spongiform encephalopathy
- ◆ Millions of tons of meat and bonemeal exported abroad, when mutant prion material was at its highest, did not produce any BSE.
- ◆ Mutant prion has been drastically reduced in meat and bonemeal and yet BSE has been starting in a number of EU countries such as Ireland, Portugal, Belgium, Brittany and Switzerland.
- ◆ Any hypothesis that can't demonstrate Koch's postulates after 15 years of international multi-million-dollar research should be jettisoned.

Despite the recent media scare tactics, **there is no proven method of contagion involved with Mad Cow Disease.**

## Fast Food Nation

This is the title of a book written by Eric Schlosser that should be read by anyone that cares a hoot about what they eat and should be mandatory reading for those that don't give a hoot. How can we expect people to feed their pets with nutritious food when the vast majority of Americans don't even bother to cook for themselves.

On any given day, one-quarter of adults eat at a fast food restaurant. In any given week, the typical American downs three hamburgers and four orders of french fries. In any given month, 90 percent of American children between the ages of three and nine eat at McDonalds.

We spend about \$110 BILLION a year on fast food. To put this in perspective, this is more than we spend on higher education, software or new cars. Despite this staggering outlay, few of us have any idea where the food comes from, how it gets to the plate, or what's in it.

We don't raise it, we don't harvest it, and we don't cook it. We just take it wrapped and ready. Schlosser writes, "The whole experience of buying fast food has become so thoroughly unexceptional and mundane that it is now taken for granted, like brushing your teeth or stopping at a red light. It has become a social custom as American as a small, rectangular, hand-held, frozen and reheated apple pie."

What I find intriguing in the fast food world is the way that it is produced with absolute uniformity. For example, I'm sure you have noticed that it doesn't matter which McDonald's you go to, the french fries are always the same. Originally, the potatoes have the "excess" sugar leached out in the spring and more sugar is added in the fall. The spuds are shot through a gun knife and cooled by ammonia gas. All so that they will look and taste identical all year around at every stop.

Flavor is processed out and then put back in with the help of a spin off industry specializing in "flavor additives". For example it's the flavor industry that makes the "natural smoke flavor" in the broiled chicken patties by charring sawdust, capturing the aroma chemicals and bottling them.

Do you know where your chicken nuggets have been? It's probable that they came off the overdeveloped breast of a new breed of chicken. They've been reconstituted, stabilized, breaded, frozen, reheated, flavored with beef additives, and set on the plate containing twice as much fat per ounce as a hamburger.

Anyone who's been getting paranoid about mad cow disease should be equally worried about old-fashioned fat gram killers and new-fashioned E. coli strains.

For those that do like to think for themselves, do yourself and your family a favor, cook for yourself (and I don't mean throwing some Burritos into the microwave for supper).



## Folic Acid Caution

As most of you already know, folic acid has been highly touted as a substance that lowers the risk of neural tube defects and possibly other types of birth defects.

Folate is a member of the B-vitamin family and is a collective term for a number of chemical forms that are structurally related and which have similar biologic activity to folic acid. Folic acid is a synthetic folate form that is used for food fortification and nutritional supplements. It is not one of the principal naturally occurring forms of folate.

A central feature of fetal development is widespread and sustained cell division. Folate plays a central role in the formation of nucleic acid precursors that are essential for proper cell division.. The requirement for folate increases during times of rapid tissue growth.

Recognizing the increased demand of folate during pregnancy and the increased risk of neural tube defects in neonates born to pregnant women with marginal folate status, the FDA mandated that folic acid be added to all enriched cereal grains in order to prevent neural tube defects. The mandate became effective on January 1, 1998. The level of folic acid adopted for enriched cereal grain fortification was 140 micrograms per 100 grams.

The U.S. Public Health Service recommends that all women of childbearing age in the U.S. consume 400 micrograms of folic acid to reduce the risk of having a baby affected with neural tube defects. This is one of the few "health claims" allowed by the FDA for nutritional supplementation. Please note that the FDA determined that 400 micrograms of folic acid was determined to be an optimal dose for adult women.

With all the official endorsement of the use of folic acid for women, it would appear that the same logic would apply to our female animals. However I must strenuously caution you to also use a full vitamin B complex if you choose to use folic acid in your breeding program. Also be very cautious of the dosage that you use.

The PDR (Physicians Desk Reference) for Nutritional Supplements states the following: "The use of folic acid doses above 1 milligram per day (1,000 micrograms) may precipitate or exacerbate the neurological damage of vitamin B12 deficiency. Those who use folic acid doses above 1 milligram should only do so under medical supervision." Again please note that this refers to adult women.

The PDR also mentions that "The exact mechanism by which folic acid reduces the risk of neural tube defects and possibly other types of birth defects is not known. It is likely that this effect of folic acid is due to its role in nucleic acid synthesis and/or its role in the metabolism of homocysteine to methionine. Along a different line, it is hypothesized by some that folic acid may not prevent the occurrence of neural tube defects, but may instead selectively increase the abortion rate of affected fetuses."

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One other precaution listed in the PDR is "Those with undiagnosed anemia, should exercise caution in the use of supplementary folic acid."

What prompted me to issue this cautionary warning was the following letter from a breeder that had a horrible experience with a litter of Bull Terriers. This properly belongs in our "Mailbox" section but I didn't want anyone to miss it

Dear Marina,

I've been a breeder of Bull Terriers for 20 years and have never had the congenital problems I had with this last litter.

Like many others I have heard the great benefits of giving folic acid during pregnancy to prevent birth defects. So, on a bitch whose previous litter was beautiful and healthy, I too supplemented. Talk about a DISASTER !!!

All but 1 pup had open skulls and some had both cleft pallet and hairlips.

I also talked to two other breeders that have had similar disasters when using folic acid. Needless to say I'm heartbroken as I write you this, but wanted to let others know about my experience.

The bitch in this case weighed approximately 47 lbs. and was dosed with 1,000 micrograms daily.

I fully realize that there is no way of proving that the folic acid was the only culprit. However a word to the wise should be sufficient. Let me repeat, if you're going to use folic acid, be sure to use it ONLY with a full B complex and for goodness sake adjust the dosage for the weight of the animal.

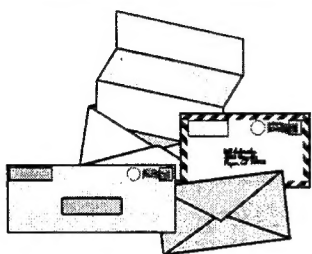
If you feel your female may be suffering from a folate deficiency and needs supplementation, you may want to consider using foods that contain a natural folate rather than the isolated synthetic folic acid.

Natural folates are found in dark green leafy vegetables (spinach, kale, mustard greens, turnip greens, escarole, chard, arugula, beet greens, bok choy, dandelion greens, etc.) As a matter of fact, the very name "folate" is taken from "folium", the Latin word for leaf. They are also found in oranges, lentils, pinto beans, garbanzo beans, asparagus, broccoli, and cauliflower. The absorption efficiency of natural folates is approximately 50% that of folic acid.

In general there is little doubt that folic acid supplements are thought to be very safe. There are however, certain precautions to take when applying well-publicized human information to our animal companions. Personally, if I thought it was necessary to supplement any of my dogs, I would use a natural folate rather than synthetic folic acid.



## MAILBOX



Dateline March/01

Idaho

Dear Marina,

We just wanted to let you know how well our Akita, Wally is doing since we've done the BioSet. When we originally called you, Wally was very underweight and was quite undersize for a fifteen month old Akita. His stools were on and off diarrhea and he was always starving. We had tried changing diets and various vet medications to no avail.

Needless to say, when I told my vet that I was going to start BioSet, he pretty much laughed and rolled his eyes.

Well he's not laughing any more! Wally's stools are perfect now, no matter what he eats. He has gained weight and is now in great condition. In fact we are getting ready to show him. He has more energy and is really making up for lost time.

Without BioSet, I'm sure our boy would have had chronic lifetime problems. It's truly been amazing to see the turnaround. Thank you so much for letting us know about this technique.

Dateline April/01

California

Dear Marina,

I called you about a year and a half ago about my chronic allergic Westie. For years he had been miserable with itchy skin, watery eyes, licking his feet raw, periodic infections,...well you get the picture. We had tried allergy shots and antihistamines without any results.

When you told me about BioSet, I was somewhat skeptical but I was desperate! You started him on some Chinese herbs and glandulars that helped start the process of his recovery.

It took a while but since we completed his BioSet treatments he's a new dog. His recovery is remarkable and he has remained clear of allergies! He acts like a puppy again.

I'm still not sure how the treatments all work but all I know is my little guy feels great!!

BioSet (see Volume 3 No. 6 issue for full description) has truly been a great tool in dealing with a wide variety of conditions. Not only allergies, but in cases of irritable bowel, autoimmune disorders, thyroid problems, etc. we have found it to be extremely effective when the treatments have been followed through to their completion.

However, this technique does take patience, as each recovery is unique. Sometimes the body will respond with each treatment, showing gradual improvement. More commonly, I have found that most will show no visible improvement after many treatments and then all of a sudden, like a light switch being turned off, the patient's symptoms are gone.

The improvements that occur with each treatment are happening internally and do not always show the changes outwardly until all the re-balancing has taken place in the body. As we are dealing with the healing response, and because each individual is unique, there is simply no way to tell in advance how many treatments will be needed to complete the healing process. This is the reason we must continually retest and monitor the progress for each patient. From experience I have found that it is fairly common that a retest will indicate that there are still several blockages involved and then after the very next treatment the retest shows that many of these have also disappeared.

It's almost like visualizing a little stream of energy attempting to flow along it's path and because of a blockage in the stream, several little offshoot paths appear to be dried up and not functioning. When the blockage is removed, other paths revitalize without any need for further treatment.

Unfortunately, too many people get discouraged very early on in the treatment sequence and because they see no visible change, they give up. For those that stick it out the rewards are great !!

I am constantly in awe of the amazing powers of the body's ability to heal itself given the opportunity to do so. The development of the BioSet technique has provided us with an effective tool in assisting us to deal with the "energy flow" portion of the healing process.

By combining the physical building blocks necessary through nutrition, herbal supplementation, glandulars, etc. with free flowing energy along the meridians as described in ancient Chinese medicine, a truly holistic approach to healing is now available.

It is my sincere wish that one day in the not too distant future we will see these modalities adopted in more mainstream medicine. As more and more people take charge of their own health care, this subtle revolution will demand the attention of our major health care providers. Until then, keep on thinking for yourself dear reader.



## The Herbal Formulas of Jiang Jing

At the 1998 Holistic Vet. Conference I attended a presentation given by Jake Paul Fratin, O.M.D. and learned about Formula 15.3 Bao Xing. Little did I know at the time that this information would lead me to an exiting source for unique formulas prepared to the highest standards by the Grandmaster herbalist Jiang Jing.

By combining the ancient knowledge of the East and cutting-edge medical science of the West, Grandmaster Jiang Jing has created the most traditional and scientific remedies that I am aware of. As a matter of policy, he is very insistent that each ingredient must be pure, natural, and free from herbicides, pesticides, heavy metals and preservatives.

They have their own research laboratories and conduct self imposed tests that are above and beyond any government or industrial standards. To give you one small example of the care taken in producing the formulas, they do not use any artificial inert substance in the making of their tablets. Usually all that is needed is a very small amount of sesame oil to do the job of bonding the extract powder.

As a western trained scientist, Grandmaster Jiang Jing, has spent many years running laboratory study after laboratory study, to provide full backup data for each of the formulas.

Although many of the formulas are found in laboratory tests to have very high anti-cancer activity equivalent to some of the popular chemotherapeutic agents, Jinag Jing has not been recommending these formulas for treating cancer. Only when other researchers find them many times more powerful than current agents will Jiang Jing feel comfortable to recommend these products in naturally assisting modern medical treatment protocol against cancer.

Before describing the purpose of many of these formulas, let me first introduce Bao Xing for those that may have missed the previous article that mentioned it.

### Formula #15.3—Bao Xing (Supporting Life)

This is a natural non-steroidal, anti-inflammatory, pain relief, anti-biotic, anti-virus, anti-fungus, immune booster.

- ◆ 1. # 15.3 is primarily a pain killer that works faster and more powerfully than ibuprofen in managing pain due to all causes including: headache, migraine, cold, flu, arthritis, gastritis, peptic ulcer, intestinal cramps, uterine and vaginal spasm, rheumatism, neuralgia, toothache, etc. It is exceptional in controlling inflammation and pain involving teeth and gums.
- ◆ 2. #15.3 replaces aspirin, Tylenol, ibuprofen and other NSAID's without any side-effect. It also heals all damage caused by other NSAID's including peptic ulcer. It is also non-allergenic.
- ◆ 3. #15.3 is an antibiotic, anti-viral, and at the same time an anti yeast, anti fungus. This means that as an antibiotic it does not promote yeast infection as

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commonly seen in other antibiotics. Good applications of #15.3 includes all types of yeast infection, chronic fatigue syndrome, non-specific bladder infection, etc.

- ◆ 4. #15.3 is an immune booster. The main mechanism of anti-inflammatory/analgesic activity is through the reinforcement and enhancement of immune function in the body.
- ◆ 5. #15.3 can be used as a chemotherapeutic agent. A very high level of anti-tumor activity has been shown in an animal test conducted by the Dana-Farber Cancer Institute at Harvard Medical School—an equal level as Melphalan. Even if #15.3 is not at all a cure for cancer, it is a very good cancer-preventive modality for the painful conditions and precursors leading to cancer or inflammatory conditions around cancer. It is a safe pain killer for the patient with inflammatory metastatic cancer.
- ◆ 6. #15.3 can be enhanced to pain killing level of narcotics with some modification (or by taking it with Formula # 14.2, a herbal anti-depressant, or #14.1, a herbal tranquilizer) to work much more potently, comparable to some drugs like Tylenol 3, vicodin or percocet.
- ◆ 7. #15.3 can be taken with any other medication with no harmful reaction. #15.3 rather, would enhance the mechanisms of other remedies. For example, #3 can be improved as a stronger arthritis remedy, #2 as a stronger migraine formula, etc.

### Function:

- Destroys all types of pathogens and pathogenic factors by supporting vital environment to the physiology of the body.
- Naturally kill pain and speeds up the healing process.
- Increases immune function.
- Decreases inflammatory level without slowing down blood circulation.
- Kills pathogenic factors including bacteria, virus, yeast.
- lowers fever.
- Helps supply fresh blood and lymph by supporting blood circulation without anti-histamine.
- Supports and protects the mucus membrane.
- Supports spleen and lymphatic system.
- Supports lung and kidneys for elimination of toxins.
- Protects liver, kidneys and bladder from accumulating heat.
- Supports capillary nerves to help maintain normal immune function (#15.3 does not numb any nerves, or block any nerve synapse).
- Improves and lessens the side effects of chemical NSAID's and antibiotics.
- Improves and lessens the side effects of chemotherapy.

### Ingredients

Viola Herba, Astragali Radix, Gentianae Macrophyllae, Angelicae Dahuricae, Radix, Foeniculi Fructus, Cnidii Fructus, Trichosanthis Radix, Lonicerae Flos, Sappan Lignum, Scutellariae Radix, and Zingiberis Recens Rhizoma.

Whenever I feel the first signs of anything that might be infectious, this is the first remedy I reach for. Even if I'm feeling just a little out of sorts, nothing I could really put my finger on, I find that Bao Xing is one of the best all around remedies to use. We have used #15.3 for several years now and I simply would not be without it.

### Formula #33—Jing Xue (Clean Blood)

This formula is probably best described as the “Rotor Rooter” of the herbal formulas. It is used for clearing mucus build up, arterial plaque, to improve capillary circulation, lymphatic circulation, to let the blood reach and flow freely to all parts of the body, also to relieve pains due to lack of circulation, aging or destruction of tissue, follicle, skin, nails, hair growth due to lack of capillary circulation, infection and swelling due to circulatory blockage.

The importance of mucus is commonly underestimated. Most of us think that mucus is only secreted by mucus membranes much like glands. In actual fact, mucus is produced and secreted by almost every cell in the body and is a very important part of normal physiological function. It gives elasticity to the tissues and protects the area from physical and chemical damages (i.e. prevents the area from becoming dry, brittle and infected). Mucus is part of the immune function and is governed by the spleen.

While nutrition is carried mostly in the blood, certain dense parts of the body do not readily allow capillary circulation, and only lymph fluid and the lighter blood serum can penetrate into the tight area to deliver nutrients.

Whenever pathogenic activity is overwhelming, the lymphatic system blocks itself out by condensing and shutting down the flow within the limited area. This manifests itself as swelling in that area. In these situations, the histamine level increases due to the deficient energy level of the spleen, causing it to over-react. Also, the adrenal level decreases due to the exhaustion of the kidneys. If there is raised body temperature, the insulin level would also rise to lower the blood glucose to slow down the inflammation.

When the body fluid condenses and stagnates in an area to prevent pathogenic activity from spreading out, we notice the mucus. This mucus is not always toxic garbage material, but rather is the defense material protecting the weak and damaged areas. However, if the situation lasts for long, the body fluid condenses and further collects inactive minerals and the mucus deposit can become a harder condensation such as plaque or cyst.

The health of many parts of the body depends on capillary circulation. For example, hair, nail and skin cells do not have large arterial distribution. Consequently, a very small amount of mucus/plaque buildup can inhibit blood and body fluid from supplying and fresh nutrient or removing toxic waste.

Very generally speaking, most illnesses are due to a lack of circulation of blood, and blood circulation is most easily blocked in the capillaries. Major vessels are not so easily affected in the earlier stages of illness, and most of the time (up to a certain level of obstruction of the major vessels) there are no physiological hindrances. Major arteries are physically and structurally vital to life. The capillary arteries are vital in maintaining normal physiology and chemistry in the body. To put it simply, the healthier the capillary systems are, the healthier we are. (6)

For example, the kidneys are made of large chunks of capillaries performing a very vital detoxification activity. Any congestion of these capillary systems by mucus and other pollutants within the kidneys can cause a serious chain reaction to the liver and entire urogenital system. As much as the kidneys are viewed in Oriental Medicine as a “Jing” (vital life essence) storing organ it is obvious that the cleaner the kidneys the higher vitality in general.

#### Function

- ◆ Eliminates the mucus accumulation throughout the entire body.
- ◆ Eliminates the plaque in the arteries
- ◆ Eliminates the nerve toxin and all types of chemical wastes produced in the cells.
- ◆ Detoxifies liver and kidneys.
- ◆ Improves capillary circulation and general blood circulation
- ◆ Clears passages of blood, lymph, and other body fluids.
- ◆ Helps all types of pain caused by poor circulation and lack of body heat.
- ◆ Improves immune function by supplying more blood and lymph.
- ◆ Attacks the cysts and mineral deposits and prevents further forming of them.
- ◆ Rejuvenates the connective tissue, hair follicles, skin and bones.
- ◆ Pulls out and eliminates any pain that is ignored by the central nervous system.
- ◆ Loosens the connective tissue and muscles.
- ◆ Warms the hands and feet.
- ◆ Fights inflammation.
- ◆ Fights all types of congestion.

#### Special Findings

According to tests conducted by the Triple S Research Associates, Formula #33 has shown very high levels of anti-tumor activity against metastatic cancer, equivalent to or higher than many of the commercially available chemotherapeutic agents.

Formula #33 has been clinically proven for many years to successfully clear capillary blockage which can result in rapid hair growth. Also, nails get thicker and more flexible.

Circulation to bones and cartilage is improved and can be of help with osteoporosis and arthritis.

#### Ingredients

Siegesbeckias Herba, Angelica Sinensis Radix, Benincasae Semen, Agastaches Herba, Glycyrrhizae Radix, Carthami Flos, Foeniculi Fructus, Draconis Sanguis.

This particular formula is a most welcome addition to our armament of herbal remedies. Its application is broad and its safety is a matter of proven record. We've been using it for quite a while now and have found it to be very effective and applicable in a variety of conditions.

## Formula #16—Shi Feng (Disciplining The Wind)

This formula is particularly useful in cases of asthma, chronic bronchitis, cough in general, emphysema, and pneumonia.

In the tradition of Oriental Medicine, a cough is more than just a respiratory condition. There are deep and shallow coughs. The deep cough indicates a disease of the lungs. The shallow cough indicates a disease of the bronchial tube.

The more severe cough is due to a reflex of the diaphragm triggered by the stress of many organs. The most common sources of organic stress delivered to the lungs through the diaphragm are kidneys, heart and liver.

As often discussed in Oriental Medical theory, the kidneys have a direct balancing role for the lungs. As the lungs belong to the “metal” element that is attacked by the “fire” element, the kidneys “water” element protects the metal element (lungs) from the fire element (infection or inflammation). The cause of pneumonia is not the weakness of the lungs, but the weakness of the kidneys.

With the kidneys’ involvement with cough, the color of the mucus is gray to black and has a salty taste in the mucus. The cough usually vibrates through the spine and the lower back hurts to cough. In the early stages of the illness, a patient commonly shows enhanced sexual drive but as the condition worsens, the interest and ability for sex will disappear completely. This is a sign of depletion of “Jing”, or life force.

In Oriental Medicine, when the inflammation of the lungs is triggered by the weakness of the kidneys, it is called “False Fire”. It means that the weakness of the kidneys allows the lung to be attacked by the normal level of inflammatory stress in the blood and nerves. Treating such respiratory conditions is usually focused in strengthening the “Jing” of the kidneys (meaning the hormones and nutrition involved in the adrenal and reproductive function).

The heart is also a common and serious cause of asthma and cough. The weakness of the heart cannot control the release of the fire element to the lung in a steady level, and consequently, excessive fire entering the metal element (lung) would cause damage of the lungs. Often, the pulmonary artery is the route of such a fire element caused by a restriction of the pulmonary artery. Contractions of the pericardium and diaphragm, or angina pectoris are other conditions that cause the same effect. When the heart is involved, the taste of the mucus generated in the respiratory system is bitter.

Nerve stress and liver stress that causes an anxiety attack usually involves the fluctuation of insulin and adrenaline. This type of stress would severely contract the diaphragm to release tension violently causing a deep cough attack.

The most important part of the foregoing is to realize that it is the organ involvement that is the underlying cause of the stress and that this is transferred to the lung and bronchial tube to cause spasm and contraction. On the surface they are all coughs and contraction of the wind pipe, a so called asthma attack. The use of an inhalant or antihistamine is active only in the respiratory system. Often it is not enough to stop the stress transfer from other sources and thus only provides temporary relief.

Some good results with the use of steroids in treatment of asthma is due more to the enhanced hormonal balance rather than the anti-inflammatory effect of the steroids, directly active at the site. I trust that I needn’t go into the deleterious factors of long term steroid use.

When an asthmatic condition is prolonged for years, the tension of the muscles and connective tissue, causes rigidity on the front and back at the chest level. The rheumatic conditions of the muscles and spine usually follow long term asthma and coughs. In such cases, the tension of the spinal nerve can generate the habitual reflex of the diaphragm without any pulmonary infection.

Consequently, the treatment of such an asthmatic condition relies on the treatment of the stress of the muscles, connective tissue and the spinal ganglions at the chest level, which involves the enervation of the diaphragm, lung etc.

### Function

- ◆ Cools the “Sanjiao” heat of the respiratory system.
- ◆ Stops the “false fire” type of inflammation in the lung by supporting the kidneys.
- ◆ Supports the blood and hormonal balance.
- ◆ Supports the “Jing” of kidney.
- ◆ Relaxes the diaphragm, pericardium.
- ◆ Relieves the nerve tension on the upper spine
- ◆ Lessens the nerve tension of the bronchial tube and stop the contraction.
- ◆ Loosens the phlegm.
- ◆ Relaxes the lung and bronchial tube by lowering the stress of the source organs.
- ◆ Relaxes and promotes circulation in the chest in general.
- ◆ Supports nutritional and hormonal balance for the pancreas and adrenal glands.
- ◆ Supports the immune mechanism of spleen and kidneys.
- ◆ Stops the toxic effects rebound from liver to lung.
- ◆ Promotes the detoxification of respiratory system and lessens allergic reaction.

### Ingredients

Menthae Herba, Schizonepetae Herba, Poria Cocos, Aurantii Fructus, Ligustici, Wallichii Rhizoma, Ginseng Radix, Peucedani Radix, Zingiberis Recens Rhizoma, and Platycodi Radix.

### Formula # 0—Ming Chao (Invigorator)

This formula is used for rejuvenation, vital energy booster, higher sexual drive, maintenance of health, strengthens the nervous system, endocrine system, kidneys and all organs, and is a supporter of blood and Qi (conformation and energy level).

The human body has 12 internal organs that are under the direct control of the endocrine system. The endocrine system is under the control of the central nervous system. The nerves, hormones and organs, together maintain vital physiology every moment.

The way these organs function depends on the way hormones are released. The hormone release also directly depends on emotional shifts. The emotional change depends on the endocrine balance.

The bridging roll between the central nervous system and the endocrine system is the pineal gland found in the brain. The bridge between the endocrine system and the organs is the adrenal gland. The adrenal function, in Oriental Medicine, is often represented by the energy function of kidneys and call "Jing".

Jing is the essence of water. Specifically, the water element is transformed from the fire element. It is like an explosive liquid. A huge amount of heat is concentrated into a drop of liquid. This liquid can cause massive amounts of energy in both positive and negative ways.

Kidneys directly support the mechanism of producing the Jing. As a water element organ, it represents the rest of the organs energy level of functional capacity, or how much Jing organs can produce to store in the adrenal, or how much Jing the adrenal can release to sustain a high energy level.

The kidneys are considered, in Oriental Medicine, as the vital organ that turns Qi (energy) into Jing (hormones), and in reversed mode, turning Jing into Qi. The kidneys are the capacitor and transformer for both the endocrine system and organs.

As much as the kidneys support the adrenal, the adrenal glands are under the direct governing of the thyroid, which is under the direct governing of the pineal. The pineal glands are the processor and translator of the entire brain function in chemical manifestation in physiology.

In simple terms, the higher the capacity we have of the three systems, the nerve system, the endocrine system and organs (kidneys), the better health and longer life we may have. These three factors must be strengthened at the same time.

If we only strengthen one system, the result is temporary. Because it is not supported by the two other systems, it will burn up quickly after energizing a few simple and direct courses, involved with the energy taken in. A good example is in tonifying the kidneys to increase Jing, to increase sexual drive, with an incomplete herbal formula. (8)

If other endocrinal glands are out of balance, the increased capacity of the adrenal will be immediately used up or neutralized by them. The previous balance already required such adrenal response, but the adrenal could not response in a timely manner.

Or, the nervous system that is against such an increase in functional output from the adrenal or kidneys, will immediately suppress the energizing of the Jing. The non-energized Jing is called "Yin Jing" (cold and heavy Jing). Meaning that it accumulates and becomes mucus which hinders the energy flow.

### Function

- ◆ Strengthens and reactivates endocrine system.
- ◆ Builds blood, hormone, Qi, vitality, sex drive.
- ◆ Strengthens kidneys, bladder and adrenal action.
- ◆ Strengthens the brain and central nervous system.
- ◆ Strengthens the digestive system.
- ◆ Strengthens the uterus and female reproductive function.
- ◆ Increases circulation through limbs and warms the body in general.
- ◆ Increases metabolic rate and warms and loosens stomach tension.
- ◆ Boosts immune system.
- ◆ Builds bone marrow.
- ◆ Balances endocrine system.
- ◆ Restores liver function
- ◆ Relieves general exhaustion

Formula #0 enhances all organic activities and increases vitality. This health maintenance and preventative formula is an outstanding energy source for the chronically weak or physically active athlete to boost and recharge energy.

### Ingredients

Astragali Radix, Longanae Arillus, Rehmanniae, Poria Paradicis, Ginseng Radix, Corni Fructus, Dioscorea Rhizoma, Ligustici Wallichil, Atractylodia, Paeoniae Alba and Alpiniae Oxyphyllae.

Longevity has been the most important issue in both Oriental Medicine and Taoist Medical Alchemy throughout history. Unfortunately, not many had reached the understanding of the three factors of the body, and not many came up with complete formulas.

After 72 generations of Donghan Medical Sect, Grandmaster Jiang Jing further perfected the famous Donghan's longevity formula.



'Till next time, take care out there.